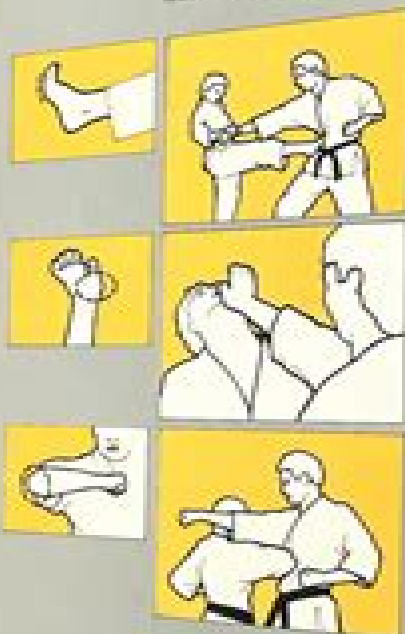


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FROM THE FOREWORD BY JAMES ELIAS,
CHAIRMAN OF THE BRITISH KARATE COMMISSION, ENGLAND



P. M. V. "Joker" Morris

A chronic asthmatic initially unable to run a hundred yards without collapsing, P. M. V. "Joker" Morris now includes a three-mile run as a regular part of his training schedule, and success in the struggle to overcome his disability explains in part why, in this book, he has included a chapter on general health. This shows how physical fitness through karate can make a positive contribution to the quality of life both of healthy people and of those with a disability.

In the last 12 years he has studied under many famous karate instructors in England. He is vice-chairman of the Nottingham Karate Club, East Midlands representative of the B.B., a member of the English Karate Board, E.K.B. belongs on the Martial Arts Commission and since July 1977 he has been chairman of the Federation of English Karate Organisations. He is also managing director of an international college of English and management studies, and happily married (his wife is also a karate black belt) with one son.

The Illustrated Guide To Karate

JR Anderson



The Illustrated Guide To Karate:

The Illustrated Guide To Karate Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **The Illustrated Guide To Karate**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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